



# Summer Swim Lessons



## Join the Park Center's Swimming & Water Safety Program!

Our goal is to teach children safe practices and swimming skills in, on and around water, while having fun. All lessons are taught by certified American Red Cross Water Safety Instructors and include 8-thirty minute lessons. In order to improve the quality and effectiveness of Swim Lessons participants should be registered for the appropriate level according to their swimming skills.

**Ages: 6 months - Adult**

**Cost: Resident/Non-Resident: \$35/\$40**



### Monday-Thursday Mornings

#### Session Dates

- |   |                  |  |
|---|------------------|--|
| 1 | June 8 - 18      | (Registration Dates: May 1, 5am - <b><u>Deadline June 5</u></b> )    |
| 2 | June 22 - July 2 | (Registration Dates: June 12, 5am - <b><u>Deadline June 19</u></b> ) |
| 3 | July 6 - 16      | (Registration Dates: June 26, 5am - <b><u>Deadline July 3</u></b> )  |
| 4 | July 20 - 30     | (Registration Dates: July 10, 5am - <b><u>Deadline July 17</u></b> ) |
| 5 | August 3 - 13    | (Registration Dates: July 24, 5am - <b><u>Deadline July 31</u></b> ) |



### Tuesday/Thursday Evenings

#### Session Dates

- |   |                |   |
|---|----------------|---|
| 1 | June 9- July 2 | (Registration Dates: May 22, 5am- <b><u>Deadline Jun 6</u></b> )    |
| 2 | July 7 - 30    | (Registration Dates: June 26, 5am - <b><u>Deadline July 4</u></b> ) |

### Saturday Mornings

#### Session Dates

- |                   |                    |   |
|-------------------|--------------------|---|
| A*                | June 13 - August 8 | (Registration Dates: May 11, 5am - <b><u>Deadline June 10</u></b> ) |
| * No Class July 4 |                    |   |

### Swim Lesson Level Chart

**Guppies: (6 months-4 years, Parent/Tot)**

No water experience necessary; swim diaper and plastic pant is required for participants under 3 years.

**Must be 3 to participate in Levels 1-6**

**Starfish (Level 1):** Child has limited or no water experience.

**Jellyfish (Level 2):** Child is able to perform all listed: Submerge to mouth and blow bubbles.

Float on front/back (w/ assistance) and recover to standing position.

**Seahorses (Level 3):** Child is able to perform all listed: Submerge completely, Jump into water over head without assistance, knows basic arm and leg actions for Freestyle, Backstroke, and Elementary Backstroke.

**Sea Rays (Level 4):** Child is able to perform all listed without assistance:

Glide on front/back 2 body lengths Float on front/back for 5 seconds.

Perform Freestyle w/ side breathing, Backstroke, and Elementary Backstroke for 2 body lengths.

**Sharks (Level 5):** Child is able to perform all listed without assistance:

Swim 15 yards Freestyle w/ side breathing, Backstroke, and Elementary Backstroke

Float on front/back for 15 seconds, Tread water for 1 minute.

**Dolphins (Level 6):** Child is able to perform all listed:

Swim 25 yards Freestyle w/ side breathing, Backstroke, Elementary Backstroke, Swim 15 yards Breaststroke

Tread water for 2 minutes, Float on front/back for 30 seconds.

**Adult Beginning:** Participant has limited or no water experience.

**Adult Intermediate:** Participant has some water experience, comfortable in deep water and has basic stroke knowledge.





# Murray City Summer Swim Lesson Registration Form



Participant's Name \_\_\_\_\_  
 Age \_\_\_\_\_ Male or Female Birthdate \_\_\_\_\_ Grade \_\_\_\_\_ School \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_  
 Parent/Guardian Name \_\_\_\_\_ Home Phone \_\_\_\_\_  
 E-mail \_\_\_\_\_ Work Phone \_\_\_\_\_  
 Emergency Contact \_\_\_\_\_ Relation \_\_\_\_\_ Phone Number \_\_\_\_\_  
 Cost (per participant, per Session) Resident \$35 Non-Resident \$40

Has participant taken Swim Lessons before? No \_\_\_\_\_ Yes \_\_\_\_\_ Last Level Completed \_\_\_\_\_

Session number: \_\_\_\_\_ Time: \_\_\_\_\_

Level: \_\_\_\_\_ Preferred Instructor: \_\_\_\_\_

*If your child is registered for the incorrect class, there may not be space to move them to the correct class.*

*There will not be scheduled make-up lessons for missed classes.*

*Registrations will not be accepted after the deadline.*

*Refunds will not be given after first day of class.*



## Tuesday & Thursday Evenings

Session Dates

1 June 9-July 2 (Deadline June 6)

2 July 7-30 (Deadline July 4)

4:00-4:30	4:35-5:05	5:10-5:40	5:45-6:15	6:20-6:50
All Levels	All Levels	All Levels	All Levels	All Levels
		Guppies	Adult Beginning 5:45-6:20	Guppies & Adult Intermediate 6:25-7:00

## Saturday Mornings

Session Dates

A Jun 13-Aug 8 (NO July 4) (Deadline June 10)

9:00-9:30	9:35-10:05	10:10-10:40	10:45-11:15	11:20-11:50
All Levels	All Levels	All Levels	All Levels	All Levels
Adult Beginning	Guppies	Adult Beginning	Guppies	Adult Intermediate

## Monday-Thursday Mornings

Session Dates

1 June 8 - 18 (Deadline June 5)

2 June 22 - July 2 (Deadline June 19)

3 July 6 - 16 (Deadline July 3)

4 July 20 - 30 (Deadline July 17)

5 August 3 - 13 (Deadline July 31)

11:10-11:40 AM	11:45 AM-12:15 PM
All Levels	All Levels
Guppies	Guppies



Does the participant have any limitations? No/Yes If yes, please explain: \_\_\_\_\_

I have received and signed the Murray City concussion policy: Yes \_\_\_\_\_ No \_\_\_\_\_

## LIABILITY RELEASE AND PERMISSION TO PARTICIPATE

In consideration of the acceptance of my application for the above activity, I hereby waive, release, and discharge any and all claims for damages, for death, personal injury, or property damage which I, as the participant, (or my child) may have, or which may hereafter accrue as a result of participation in said event. It is understood that some recreational activities involve an element of risk or danger of accidents, and knowing those risks, I hereby assume those risks. It is further understood and agreed that this waiver, release and assumption of risk is to be binding on my heirs and assigns. I have read and understood the foregoing registration, and agree to all of their terms and conditions.

Signature of Parent/Guardian \_\_\_\_\_

Date \_\_\_\_\_

202 E Murray Park Ave  
Murray, Utah 84107



**PARK-CENTER**

Office Use Only		
Paid \$ _____		
CASH	CHECK	VISA
DISC	AMEX	MC
Date _____	Staff _____	

(801) 284-4200

www.murray.utah.gov